

Northwest Missourian



THURSDAY, DECEMBER 7, 1995

VOLUME 69, ISSUE 15

1 SECTION, 14 PAGES

NORTHWEST MISSOURI STATE UNIVERSITY

MARYVILLE, MO 64468

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Museum opens with big crowds

KAREN A. GATES
CAMPUS NEWS EDITOR

People from all over Maryville and Nodaway County came to one place to look into the past and remember.

Last weekend a dream became a reality when the Nodaway County Historical Society played hosts to the grand opening for the Nodaway County Historical Society Museum.

People from all over the area volunteered their time and donated items to include in the museum.

Members of the society said they could not be more pleased with the large turnout for the grand opening.

"I am so thrilled with the whole thing," Frances Stuart, president of the Historical Society, said. "I have to give credit to Tom Carneal (the curator) because he gave us ideas and kept the whole thing going."

Besides snacks and the many items on display for people to look over, there were also live demonstrations.

One such demonstration was called "Waste Not Want Not," by Mary Ellen Kimble. Kimble showed how people used up their sewing materials by making other things so they would not throw anything, not even a scrap, away. The demonstration was a part of Carneal's history class.

Pat Fowler of Maryville, demonstrated how to make use of different herbs. The demonstration was also a part of Carneal's class. Fowler learned her uses of herbs from her Ola Opal Aunt Jones "Billie." Fowler said

her aunt only uses natural herbs throughout her house and in much of her food. The demonstration gave ways to use natural herbs to relax, get rid of colds and to snack on.

"This was a really nice turnout," volunteer, JoAnn Espey said. "I really enjoyed the Swaney Faustiana farm display upstairs."

The University is included in the museum as well. A chair is on display from B.D. Owens, former president of Northwest. The chair was donated by George English.

A desk chair from M.E. Ford is also on display. Ford was a Maryville lawyer and a former member of the Northwest state teachers college board of regents, as well as the chairman of the 1945 Missouri Constitutional Convention.

Besides the museum, there is also a Heritage room where visitors can search through files about their families and family trees. The room will be open 1-4 p.m. Monday through Friday. Volunteers will be in the room for assistance. If anyone is interested in being a volunteer they should contact Margaret Kelley at 582-8176 or Frances R. Stuart at 582-2464.

All in all, the weekend was a success and all who took part seemed to be satisfied.

"I am very pleased," volunteer, Inez Bowman said. "This is a wonderful addition to the community. Nodaway County is a long time in the being and the history is worth preserving."

Some items in the Historical Society Museum

- military uniforms from different wars and eras
- a letter from the Nodaway Valley residents confirming the loyalty of former Gov. Albert P. Morehouse to the Union
- a pipe that was once used by Gov. Morehouse
- old coins
- old-time hats and headgear
- arrowheads from the area
- display of the Faustiana farm
- model of the former Mount Alverno Convent



Maya Angelou, author of "I Know Why the Caged Bird Sings," presents some of her work at the Mary Linn Monday. Angelou requested extra security at the performance because of the large audience.

SARAH ELLIOTT/
Chief Photographer

Revered poet takes the stage

APRIL BURGE
FEATURES EDITOR

Apple pie, baseball and hot dogs seem to be symbolic of our country, but for some it is deeper than that. History and poetry embody a vast mixture of culture, passion and human experience in America for one famous woman.

Maya Angelou, the esteemed poet, actress, educator and civil rights activist, graced the stage Monday night in a sold-out performance at the Mary Linn Performing Arts Center. After an introduction by James Saucerman, English department chairman, Angelou was greeted by an audience of more than 1,000 with a standing ovation.

Angelou opened with one of her poems, "A Rainbow in the Clouds," which provided a theme for the rest of the evening. Angelou explained that this piece symbol-

izes good in a bad situation.

"At the dreariest of times you can see the possibility of hope if you have a rainbow in the clouds," Angelou said.

Angelou strives to reveal African-American poetry as a rainbow in the clouds. She illustrated this effort with humorous 19th and 20th century black folk songs and several powerful pieces by the famous African-American poets Langston Hughes and Paul Dunbar.

Angelou believes that it is important for everyone to expose themselves to this genre of poetry and art because it provides people with an insight of an existence before their time.

"It is important to know that someone was there before you with passion, suffering, humor and style and they survived," Angelou said.

Angelou began her career at an early age after several traumatic events that

shaped her understanding and desire for poetry. Her interest in public speaking came when she wanted to perform Portia's soliloquy from Shakespeare's "Merchant of Venice," but her grandma wouldn't let her perform it because Mama did not think it was appropriate.

Angelou joked about the oddity of a black girl in the south who was interested in a foreign white man's poetry who had been dead for hundreds of years.

"I had to tell Mama that Shakespeare was white because it was going to get out," Angelou said.

Angelou believes that Shakespeare is similar to a lot of African-American poets because their poetry speaks to each individual.

►POET, page 13

Governor honors professor

SUZANNE MCBAIN
MISSOURIAN STAFF

Some say that teachers do not receive the recognition they deserve, but one teaching award compensates for this — the Governor's Award for Excellence in Teaching, which was given to a Northwest teacher.

Pat Lucido, associate professor of chemistry and physics, is Northwest's choice and will receive this award today from Gov. Mel Carnahan.

University President Dean Hubbard nominated Lucido for the award.

"She is very innovative and very committed to the students," Hubbard said.

Lucido chairs the committee that oversees the design of multimedia classrooms and is a member of Northwest's Electronic Campus Plus program. She redesigned the physical science course to enlarge its

physical and electronic capabilities.

Other past award winners are Peggy Miller, associate professor of human environmental sciences, Ben Collier, associate professor of economics, and Betty Bush, dean of curriculum and instruction.

Carnahan will present this award to Lucido at the Governor's Conference on Higher Education in St. Louis. The Governor's Award for Excellence in Teaching is given to outstanding faculty members from each public and independent college and university in the state.

Lucido has been a part of this faculty since 1983. She received her bachelor of science degree at Kansas State University, her master's degree at Northwest and her doctorate at the University of Missouri-Kansas City.

She said she teaches by doing hands-on teaching. "I try to help them see it a different way and not by memorizing a lot of terms," Lucido said.

Comic cancels show because of illness

JOSH NAUMAN
MISSOURIAN STAFF

Although most ventriloquists can drink a glass of water as the puppets speak, Jeff Dunham cannot even speak for himself. For this reason, the veteran comic's show has been postponed.

Dave Gieseke, director of news and information, said Dunham had only been on tour for two weeks before he came down with the flu and a case of laryngitis, causing him to postpone the Northwest show until sometime in late January.

"He had a show in Baltimore last night and made it as far as Dallas on his way here before becoming ill," Gieseke said. "He had been sick earlier in the week, but it finally caught up with him."

The original tickets will be honored at the next performance as they were with Maya Angelou's show, which was also postponed earlier in the year. If the rescheduling causes conflicts and people are unable to attend, they can receive refunds for pre-bought tickets. The tickets are \$8 for orchestra seats and \$6 for balcony.

"We've sold 560 seats and we're very pleased with the crowd and even though the show was postponed, we may get to sell more tickets, which may turn this around for us," Gieseke said.

Dunham's puppets, Peanut and José Jalepeño, are also the stars of the show, along with other "friends."



Singing away.

Tower Choir performs selections that will be performed at the Missouri Music Educators Convention in January. The ensembles, along with University Chorale, invited the audience to join them in Christmas carols following both group performances.

MITCH BAYSINGER/
Missourian Staff

Our View

Students should take a break before final exams

'Tis the season that all college students hate — final exams.

The reason students dread this time so much is because of the huge amounts of stress they cause. Students also get involved in the campus and many have taken this opportunity and found that the amount of extracurricular activities directly correlates with how tough it is to find time to study.

Because students put those activities ahead of their school work, sometimes finals can be extra stressful.

Also, for those students who may not have necessarily been involved but have taken a heavy load of classes, finals and the weeks that lead up to them can be downright dreadful.

However, do not panic. Stress can be compounded by drastic measures. A common study habit is to wire yourself on caffeine and stay up all night studying. This is a terrible way to treat your body.

Instead, in the days leading up to finals, just relax.

Get some sleep and eat well to ensure that you will be at full strength. You have the weekend to fuel up and study so take advantage of it.

So many times stress can be self-induced. If you procrastinate and do not start studying until Tuesday night, chances are you will feel a little pressure.

Another precaution you can take to ease the pressure is to use the study day for what it is intended instead of a hangover recovery day.

If you drink and stay out late, Tuesday is pretty much wasted. (If you feel the need to drink to unwind do some of that during the weekend and relax and do a little studying Monday and Tuesday.)

We know it has been a tough semester and that you have worked hard. Hopefully you used your time wisely and are not under too much pressure. However, if you are, take a deep breath, sit back and relax for awhile before hitting the books. Good luck to everyone.

CAMPUS EDITORIAL



Our View

Parents deserve time during stressful season

Stress is something that can overtake anyone, especially during the holidays. However, by making some simple changes to your lifestyle, you can at least limit the effects of stress.

This time of the year is perhaps the most stressful for parents as they try to find the Mighty Morphin' Power Rangers megazord or talking Pocahontas bank that little Bobby or Susie have begged for all year. This comes after an eight-hour workday, which exhausts the parents before they get home.

One of the ways parents can reduce stress is to take a break between work and coping with their families. After work, take 10 to 15 minutes sitting in a room with the door closed and think about the way your day has gone. This enables you to put that stress away and deal with the new stress of the family.

Single people often live more hectic lifestyles and tend to deal with stress in a negative manner. Many often try to maintain control through the excessive use of tobacco and alcohol. Although stress is sometimes defined as

loss of control, maintaining control by these methods is not healthy.

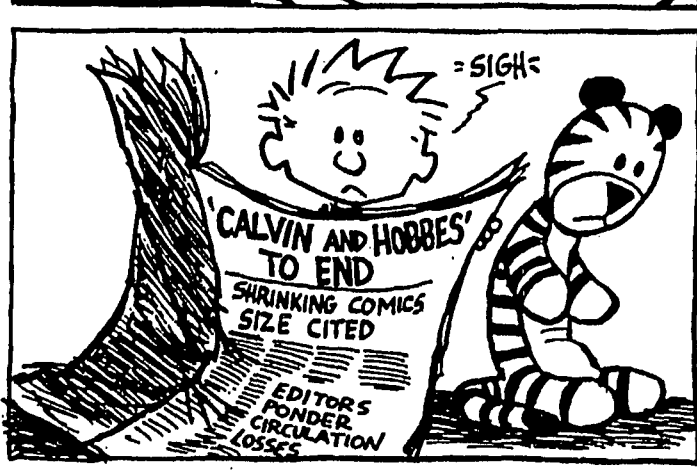
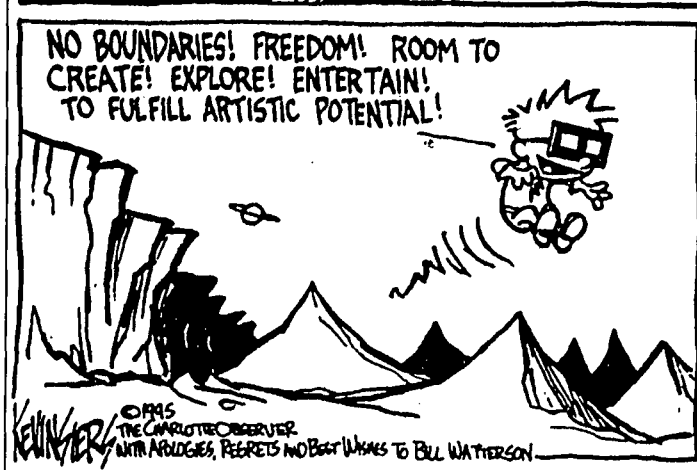
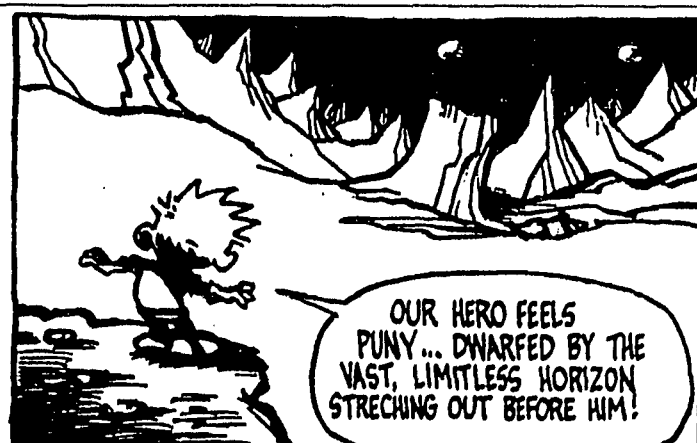
Another stress factor with single people is that many are workaholics and suffer burnout as a result. In order to avoid this, simply take time out each day doing some kind of leisure activity to forget about the stress for a short time. Although many people say they do not have the time, simply reading a chapter out of a book provides the escapism necessary to put the stress away if only for a short time.

Elderly people deal with stress of another sort. They often feel depressed as a result of being lonely and in physical pain. One of the things they can do is to stay active. An aerobic workout enables a person to stay healthy and feel better about themselves.

Everyone needs to eat properly. No more than 30 percent of a person's caloric intake should be fat. Also, moderating salt intake improves fitness.

While stress can not always be avoided, these steps, along with a positive attitude, can help you deal with it.

CITY EDITORIAL



My Turn

College gives different holiday spirit

Ever since I was a little girl, the Christmas season has been marked by the aroma of a freshly cut pine tree, being with family and waiting for Jesus to be born.

And so far this season, I have not experienced any of these.

Every year since I can remember, the day after Thanksgiving my family would spend the entire day looking for our perfect Christmas tree.

Feelings of pride would overtake me as my dad carried in what I thought to be the best Christmas tree ever. My dad had this gift of finding the best tree every year.

It was amazing how one simple object could add so much holiday spirit.

The best part was the smell of the pine. I woke up during the month of December with a huge smile on my face as I inhaled the enticing fragrance of Christmas pine.

The real tree made it feel like the Christmas season was in the air, but this year it just doesn't smell like Christmas.

For some odd reason, my parents did the awful deed of buying an artificial tree last year. It tore me apart to realize when I go home for Christmas this year, the smell of pine will be missing.

Pine may be missing from my house but my holiday spirit was not gone. For my first year living off-campus, my roommates and I had decided to buy a real tree.

But, we all have such busy schedules



JAMIE HATZ

Family traditions change with the onset of new decades

that none of us have had time to go buy our incredible tree. In fact, all of our decorations are still in bags.

I've come to deal with the fact that I won't be smelling pine, but another aspect of the Christmas season missing is my family.

Our holiday tradition was decorating the tree together. We listened to Christmas music as my brothers and I fought over whose homemade ornaments were better.

Now that I am in college, my family has to decorate the "fake" tree without me.

It makes me want to be little girl again. Christmas was so much simpler back then. I knew that the birth of Jesus was the only reason for the season.

I remember getting so excited on Christmas Eve when they finally put baby Jesus in the nativity scene. I realized that Christmas was not all about presents, but about waiting for Jesus.

I came from an all-girls Catholic high school and coming to a public university has really opened my eyes to a whole different side of religion. It seems as though nobody even says the word God without looking over their shoulder for the politically correct police to show up.

I understand about the whole separation of church and state law, but we are all adults. I doubt any of us are going to change religions or how we feel if someone mentions the word God.

Talking about religion opens the door among different types and it allows more people to be tolerant of other views.

The older I get the more the true meaning of Christmas becomes forgotten. To me, the Christmas season does not start until after finals when I am home for break, which is not until the Dec. 18.

I wish the Christmas season began the day after Thanksgiving like it used to because I would be with my family waiting for Jesus and my house would smell like Christmas pines.

Jamie Hatz is a copy assistant for the Northwest Missourian.

Purpose and Politics

History of problem gives insight

"Have you ever read something so fascinating that it blows you off your feet?" I asked the woman.

The librarian nodded and said that she did all the time. She asked casually what the topic I was speaking of and I said it was about the federal debt and its history.

She looked at me strangely and I figured that was probably not the answer she was expecting. As a deficit hawk, I have always found it intriguing to see how we have gotten into a mess that is equal if not more troubling than the Great Depression.

The article by John Steele Gordon in "American Heritage" gave me more pieces to the puzzle. Ever since the 1930s, five trends have been identified that have affected government fiscal policy that have led to a \$4.9 trillion debt.

The first is due to a fundamentally flawed concept in the discipline of economics beginning with the switch from adhering to Adam Smith economic theory to John Maynard Keynes. This policy has stayed with us since the Great Depression.

Next, the responsibilities of government in the eyes of the public have increased beyond what the founding fathers ever expected. Article 10 of the Constitution says that whatever is not defined for the federal government rests with the states. Today this is not the case.



HAWKEYE WILSON

United States needs strong leader willing to keep economic promises

A shift in power from the Executive to Congress occurs and separates the budget process by sharply limiting the influence of the president. Strong presidents such as Franklin Roosevelt or presidents with extraordinary personality or political skills like Theodore Roosevelt or Lyndon Johnson could muscle their way with Congress, but weak presidents meant that Congress would exert its dominance.

The decay of party discipline and the seniority system within Congress has further separated the budget process, dividing it among many different commit-

tees and subcommittees. Legislative leaders are more concerned with who has the vote and with a demanding constituency it is not hard to see where they will go first.

The final trend that has developed this century is that the political-action-committee system of financing congressional elections has given more influence to spending constituencies or groups (special interests) while reducing that of the electorate as a whole, which picks up the tab.

The question remains about where we are now. Postindustrial America has shifted power back to Congress and mainly to House Speaker Newt Gingrich. Leaving a \$4.9 trillion debt to the United States' future children and grandchildren is irresponsible, which is why now we are in the process of balancing the budget.

My one wish is if we could have a president who campaigned on balancing the budget would fulfill his promise. Unfortunately, President Clinton is intent on protecting interests rather than having a true national scope like the founding fathers intended. I hope voters will remember this come November 1996.

Hawkeye Wilson is the political correspondent for the Northwest Missourian.

Northwest Missourian

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Editor's Note

Printer responsible for errors

On behalf of the Atlantic-News Telegraph, the Missourian would like to clarify the errors that occurred in the Nov. 30 issue.

In the city copies, the front page was switched with page five, and in some copies,

pages eight and nine were switched.

In the campus copies, page five was deleted and replaced with another front page.

The printers have apologized for the mistake, and we are sorry for any inconvenience.

Remember, the Missourian will not be published over Christmas break. The next issue will be Jan. 11.

Happy holidays and thanks for all of your support.

CommunityTurn

Maryville offers various forms of fun

HELEN GORSUCH

University and local establishments provide adequate shopping and entertainment interests

Often I hear people of all ages complain because there is "nothing to do" in Maryville. I wonder if those who do this are just not looking or are not aware of or open to the many opportunities available. Let's explore some of them.

On any given day in Maryville there is some type of sporting event going on at the high school, the University, parks and recreation and now at St. Gregory's new multi-purpose building.

A modern bowling facility stands ready for folks to try their skills in that area.

The University, through its Encore and Culture of Quality programs, offers musicals, plays, speakers and other events comparable to what one might attend in Kansas City with ticket prices costing much less.

For our older citizens we have a wonderful Senior Center at 1210 E. First St. A delicious lunch at a minimal charge is available Monday through Friday with added options of playing cards or pool, participating in an exercise program, visiting and chances to volunteer in the kitchen or assisting with carry-out meals.

Recently there has been a newly remodeled and redecorated theater open in Maryville, and for the first time in a long time we are privileged to have first-run movies. Wouldn't it be great if we could keep it going?

Shopping is something almost everyone likes to do, and we have plenty of stores to suit shoppers of all ages.

It is not necessary to travel dangerous Highway 71 south to shop because most needs can be met right here in Maryville and at competitive prices.

Eating out is an activity many people enjoy. Maryville has a good supply of places to eat with a nice variety of foods available. Again, the way to keep these places in Maryville is to dine out here instead of driving 45 miles south or 30 miles north.

If reading is for you we have a beautiful and very adequate public library on the corner of Fifth and Main.

Maryville has many fine churches which offer various activities for all ages not only on Sunday but at various times during the week.

By no means have I mentioned all that is available "to do" in Maryville.

Check out various clubs, interest groups, places to volunteer your spare time, etc. It may surprise you to know there is something there for you "to do."

Don't tell me there's "nothing to do" in Maryville.

Helen Gorsuch is an avid member of the Senior Center.

CampusView

Talented speaker kept audience in awe

Northwest Missouri State University should feel honored to have had the talented Maya Angelou on the campus.

Her presentation touched many emotions, and sometimes a person who connects with us so well on a human level does not get full credit for all of her professional and scholarly accomplishments.

Here is a brief chronology (adapted for the work of Leila Walker) of Maya Angelou, poet, journalist, autobiographer, singer, dancer, playwright, polyglot, teacher, philosopher, social historian, political activist, administrator.

I believe the Northwest campus does not know enough about Angelou, so I felt I needed to include this list.

In 1940, Angelou spoke to graduates with honors from Lafayette County Training School, along with graduates for Mission High School, in San Francisco in 1945.

In 1954-1955 she participated in a 22-nation tour of Porgy and Bess, sponsored by the U.S. Department of State.

She has appeared in the Broadway play, "Calypso Heatwave" in 1957.

She also recorded "Miss Calypso" for Liberty Records.

Angelou was appointed Northern Coordinator for the Southern Christian Leadership Conference in 1959 and 1960.

In 1960 she appeared in Jean Genet's "The Blacks," an off-Broadway production, and she wrote and performed in "Cabaret for Freedom," also off-Broadway.

She became the associate editor of the "Arab Observer" in 1961 and 1962. The "Arab Observer" is an English language news weekly



PAT FOSTER

Maya Angelou touched many emotions during her presentation on campus

in Cairo, Egypt.

In 1963 through 1966, Angelou served as the assistant administrator of the school of music and drama, at the University of Ghana, and the Institute of African Studies, in Legon-Accra, Ghana.

She also worked for the Ghanaian Broadcasting Corporation and freelanced for the "Ghanian Times."

In 1964 through 1966 she appeared in "Mother Courage" at the University of Ghana.

In 1966 through 1967 Angelou wrote a two-act drama, "The Clawing Within," and also a two-act musical, "Adjoa Amissah."

Angelou also narrated "Black, Blues, Black," a 10-part television series on African traditions in American life, for National Educational Television in 1968.

In 1969 "The Poetry of Maya Angelou" recorded on GWP Records.

In 1970, she was appointed Writer-in-Residence at the University of Kansas and a Yale University fellow.

She also published the first of her five-volume autobiographical series, "I Know Why The Caged Bird Sings," which was nominated for a national book award.

In 1971, she published her first volume of poetry, "Just Give Me A Cool Drink of Water 'Fore I Die."

She received a Tony nomination for her Broadway debut in "Look Away" in 1973.

In 1978 she published her third volume of poetry, "And Still I Rise."

In 1981, "The Heart of a Woman," the fourth work in their autobiographical series, is published. She received a lifetime appointment as Reynolds Professor of American Studies at Wake Forest University, in Winston-Salem, N.C., in 1982.

In 1983 she published "Shaker, Why Don't You Sing," a collection of song-like poems.

In 1986, "All God's Children Need Traveling Shoes," a fifth autobiographical work, is published.

"Now Sheba Sings the Song," a poetical rendition of portraits by Tom Feeling is published in 1987.

In 1990 Angelou published a collection of poems, "I Shall Not Be Moved."

Finally, in 1995, she is at Northwest Missouri State University.

Pat Foster is the director of multicultural affairs at Northwest.

It's Your Turn

What would you like for the holidays?



Mikayla Small
Age 8

"Let me think ... I want a Baywatch Barbie and a Little Water Baby."



Chris Redmond
Age 5

"I want a bowling ball set, roller skates, and ... Oh yeah, a Gameboy."



Larissa Tiller
Age 3

"I want a hair dryer just to keep and a Little Tykes vanity set."



Alice Cooper
Age 4

"I just want some new dolls and that's all."



Kody Brown
Age 9

"I want a Gameboy, a John Deere toy tractor, a Dallas Cowboys jacket and the Madden '95 Super Nintendo game."



Alyssa Brown
Age 10

"I want a Chief's coat, Mariah Carey's Christmas tape, some Goosebumps books and some earrings."

The Northwest Missourian would like to thank the following individuals for serving on our community editorial board and helping make our transition to community-wide coverage as smooth as possible.

Joss Walter
Dave and Leslie Ackman
Brad Anderson
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Keith Wood
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Helen Gorsuch
Bill Burgess
Ellen Pitcher
Gary Graves

Bridget Brown
Keith Arnold
Ed Higdon
Tim Rickabaugh
Jeff Funston
Gerald Riggs
Glenn Jonagen

Season's Readings from The Bookstop

What is nicer than a special book for the special people on your list?

We suggest:

All Rivers Run to the Sea
Memoirs by Eli Wiesel
After All
Mary Tyler Moore
Living Buddha, Living Christ
Thich Nhat Hanh
My Point...And I Do Have One
Ellen DeGeneres

The Bookstop

•The Bookstop•220 N. Main St. •582-READ (582-7323)•

M-F 9-5:30, THUR. TIL 8, SAT. 9-5, SUN. 1-5

Thinking about those long Christmas lists?

No need to worry, especially if you start early and begin by looking locally. Explore Nodaway County's numerous shopping opportunities for great gift ideas ...

Think Nodaway County First!

Think Nodaway County First!

Nodaway County

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Calendar

Thursday, Dec. 7

Faculty registration.
6 p.m. - AKL spaghetti dinner at the American Legion.
6:30 p.m. - Yuletide Feaste in the Union Ballroom.

Friday, Dec. 8

Faculty and staff registration.
6 p.m. - Pottery sale in the Fine Arts Building.
6:30 p.m. - Yuletide Feaste in the Ballroom.
7:30 p.m. - Lab series in the Mary Linn Performing Arts Center.

Saturday, Dec. 9

7 a.m. - Pottery sale in the Fine Arts Building.
8 a.m. - Graduate record exams, second floor Garrett-Strong.
7:30 p.m. - Men's basketball vs. Mid-American Nazarene College in Bearcat Arena.
7:30 p.m. - Women's basketball at the Wayne State College Tourney in Wayne, Neb.
Bearcat men's indoor track at the University of Missouri meet.

Sunday, Dec. 10

3 p.m. - Wind Symphony/Symphonic Band performance in the Mary Linn.
6 p.m. - Sigma Society Bridal Show auditions in the University Club North and South.

Monday, Dec. 11

Classwork ends.
Faculty and staff registration.
7 p.m. - Children's holiday music in the Mary Linn.

Tuesday, Dec. 12

Study day.
Faculty and staff registration.
5:30 & 7:30 p.m. - women's and men's basketball vs. Wayne State in the Bearcat Arena.
Midnight - Midnight breakfast in the Student Union.

Dec. 19 - Student payday and graduate payroll date.
- Support Staff recognition dinner in the Ballroom at noon.

ABC celebrates African pride

Students determine significance of the Kwanzaa holiday

DWON LITTLEJOHN
CONTRIBUTING WRITER

The celebration of unity, self-determination, faith and creativity are just a few meanings of the word Kwanzaa.

Carolyn Coffee-Mends and her husband Albior spoke to a group of students Sunday at the Wesley Center about Kwanzaa, a cultural holiday celebrated mainly by African Americans.

"Our purpose is to get more information out about the Kwanzaa celebration to the African community, and to educate more of our young people about the holiday," Mends said.

Kwanzaa is celebrated from Dec. 26 to Jan. 1. The holiday is based on the agricultural celebration of Africa called "The First Fruits." These celebrations took place at the time of harvest.

Albior Mends would like people to remember the importance of Kwanzaa.

"We hope that the students will apply the seven principles of Kwanzaa in their everyday lives" he said.



LESLIE DOYLE/Missourian Staff

Learning about culture. Speakers from Central Missouri State University talk to members about the importance of an African holiday to the Alliance of Black Collegians at a Kwanzaa celebration Sunday.

The seven principles of Kwanzaa were created to introduce and to reinforce seven basic values of African culture.

The seven principles are: Umoja which means unity; Kujichagulia, self-determination; Ujima, collective

work and responsibility; Ujamaa, cooperative economic; Nia, purpose; Kuumba, creativity and Imani, which means faith.

Kwanzaa was created in 1966 by Maulana Karenga, a professor at California State University in Long

Beach.

Some students who attended the discussion thought the information was helpful.

"It taught me a lot about African culture and about the holiday," broadcasting major Sonya Edmon said.

Students deal with stress during finals week

KELLY MOONEY
MISSOURIAN STAFF

Imagine your books doing a conga line around your head saying, "Finals finals finals!" Sounds funny in a cartoony sort of way, but soon it will be a reality.

Finals week, Dec. 13-19, seems to be the perfect time for students to get really stressed out. However, Liz Wood, counseling center director, said the majority of people who come in for help do so between the first four to six weeks of the semester.

"They are conserving their energy for studying during finals," Wood

said. She added that students should plan for finals from the first week of the semester to avoid stress.

Stress levels rise during finals time and the change is quite visible.

"People get snappy, don't eat well, don't do anything healthy or positive and have abnormal sleeping habits," Hudson Hall Director Wendy Sue Freedman said. "It affects everyone in this communal environment."

What causes stress? It is different for everyone and could be anything from procrastination to everything being dropped on a person at once.

"There are a lot of tests and papers near the end," Freedman said.

"People are waiting until the last minute to take care of it."

Study breaks are easy ways to help deal with building tension. Wood suggested that students do an activity that is totally unrelated to studying, such as taking a short nap. Another way is just to be silly, watch a funny movie or just go outside and play for a little bit. Wood also suggested students take advantage of the midnight breakfasts in Cats Commons as a stress reliever. The Midnight Breakfast will begin a little before midnight Monday, and go until 1 a.m. The cost is \$3.25 or students can use their meal plan to cover the cost. As an added

bonus, faculty and staff are the people who will be serving, cooking and doing clean up.

What do students do when they're stressed?

"I just get away from everything and come back to it later," Carrie Fisher, agriculture education major, said.

"I listen to heavy metal cranked up to 150 watts," Brent Hawley, geography major, said.

Residence Hall Association is sponsoring an all-night study session in the conference center during finals. The all-nighters start at midnight and run until 8 a.m.

FINAL EXAMINATION SCHEDULE

FALL 1995

Night classes will test at the last scheduled class meeting prior to the final examination period. Classes end Wednesday, December 11.

ALL SECTIONS OF:

HES 110 (Lifetime Wellness) and PE 110
Math 110, 114, 115, 118, 120
Chemistry Lab 113, 115, 117
and Physical Science Lab 103
Computer Science 130
History 155
Government 102
Speech

Classes meeting for the first time in the week:

Wednesday, Dec. 13
2 p.m. Monday
11 a.m. Monday
9 a.m. or 9:35 a.m. Tuesday
2 p.m. Tuesday

Thursday, Dec. 14

8 a.m. Tuesday
11 a.m. Tuesday
3 p.m. Monday
9 a.m. Monday

Friday, Dec. 15

noon Monday
3 p.m. or 3:35 p.m. Tuesday
10 a.m. Monday

Monday, Dec. 18

8 a.m. Monday
1 p.m. Monday
noon or 12:35 p.m. Tuesday
4 p.m. Tuesday

Tuesday, Dec. 19

10 a.m. Tuesday
4 p.m. Monday
1 p.m. Tuesday

Date and hour of final examination:

7:30 a.m. - 9:30 a.m.
11:50 a.m. - 1:50 p.m.
2 p.m. - 4 p.m.
7 p.m. - 9 p.m.

9:40 a.m. - 11:40 a.m.

11:50 a.m. - 1:50 p.m.
2 p.m. - 4 p.m.
4:10 p.m. - 6:10 p.m.

9:40 a.m. - 11:40 a.m.

11:50 a.m. - 1:50 p.m.
2 p.m. - 4 p.m.

7:30 a.m. - 9:30 a.m.

9:40 a.m. - 11:40 p.m.
2 p.m. - 4 p.m.
4:10 p.m. - 6:10 p.m.

7:30 a.m. - 9:30 a.m.

9:40 a.m. - 11:40 a.m.
11:50 a.m. - 1:50 p.m.

Briefs

Changes in honor rolls

Students who have earned a 4.0 grade point average this semester are eligible for listing on the new President's Honor Roll, the Registrar's office has announced. Students who have a 3.5-3.9 GPA will still be placed on the Academic Honor Roll.

In other Registrar news, the office has moved to 104 Thompson-Ringold for the duration of the renovations to the Administration Building.

New ambassadors chosen

Thirteen individuals have been selected as student ambassadors for the coming year. They are: Steve Butler, Travis Dimmitt, Sonya Edmon, Hayley Hanson, Jamie Hatz, Kevin Heyle, Leah Johansen, Kazadi Katambwa, Brett Lind, Tiffany Leever, Becky Miller, Jon Vongseggern and Sarah Wanninger.

Financial aid renewals

Students can now renew their financial aid applications for next year. If you live on campus, the renewal applications will be mailed to you.

If you live off campus, you may pick up forms at the student service center in the Administration Building.

Graduate applications

The graduate office is now accepting applications for graduate assistants for fall 1996. The applications are currently available in the graduate office and are due March 1, 1996.

The graduate office is also still accepting applications for spring 1996 even though the due date has already passed.

Those interested need to contact the graduate office immediately at 562-1145.

TEXTBOOK SERVICES

Dec. 13th, 14th, 15th: 9-5pm

18th: 9-8pm

19th: 9-12pm

Textbooks need to be in by 12 noon on the 19th

CONGRATULATIONS CARRIERS

The Northwest Missourian would like to congratulate all the carriers of the newspaper for their hard work and dedication. Special congratulations goes to the following carriers of the month.

Regina Bruntmeyer

November Carrier

Gene Cassell

November Carrier

Steve Marotti

December Carrier

LOSE 20 POUNDS IN TWO WEEKS

During the non-snow off season the famous US. Women's Alpine Ski Team members used the "Ski Team" diet to lose 20 pounds in two weeks. That's right - 20 pounds in 14 days! The basis of the diet is chemical food action and was devised by a famous Colorado physician especially for the US. Ski Team. Normal energy is maintained (very important!) while reducing. You keep "full" - no starvation - because the diet is designed that way. It's a diet that is easy to follow whether you work, travel or stay at home.

This is, honestly, a fantastically successful diet. If it weren't, the US. Women's Alpine Ski Team wouldn't be permitted to use it! Right? So, give yourself the same break the US. Ski Team gets. Lose weight the scientific, proven way. Even if you've tried all the other diets, you owe it to yourself to try the US. Women's Alpine Ski Team Diet. That is, if you really do want to lose 20 pounds in two weeks. Order today! Tear this out as a reminder.

Send only \$8.95 (\$9.60 in Calif.) - add .50 cents RUSH service to: American Institute, 721 E. Main Street, Dept. 254, Santa Maria, CA 93454-4507. Don't order unless you expect to lose 20 pounds in two weeks! Because that's what the Ski Team Diet will do. © 1995

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Larry R. Linville, Pastor